

# Tuscan Smoked Turkey and Bean Soup

**Prep time:** 30 minutes

**Cook time:** 50 minutes

**Makes:** 6 Servings

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

## Ingredients

- 1/3 cup** Fresh onions, peeled, diced 1/2"
- 1/3 cup** Fresh celery, diced
- 1/3 cup** Fresh carrots, peeled, diced
- 1 1/2 cups** Fresh kale, no stems, chopped
- 2 1/4 teaspoons** Canned low-sodium tomato paste
- 1 tablespoon** Fresh garlic, minced
- 4 1/4 cups** Low-sodium chicken stock
- 1 3/4 cups** Canned low-sodium Navy beans, drained, rinsed
- 1/2 teaspoon** salt
- 2 dashes** ground black pepper
- 5 ounces** Smoked turkey breast, 1/4" pieces (5 oz)
- 2 teaspoons** Fresh thyme, chopped
- 2/3 tablespoon** Fresh basil, chopped
- 2/3 tablespoon** Fresh parsley, chopped

## Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add chicken stock, beans, salt, and pepper.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	135	
Total Fat	3 g	
Protein	15 g	
Carbohydrates	14 g	
Dietary Fiber	4 g	
Saturated Fat	0.67 g	
Sodium	525 mg	

## MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.

4. Add turkey, thyme, basil, and parsley. Stir well. Simmer a minimum of 10 minutes.

Serve hot.

## Notes

### Our Story

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted.

The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

### School Team Members

**School Nutrition Professional:** Susan Bowers

**Chef:** Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)

**Community Members:** Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)

**Student:** Nichelle B.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

Recipes for Healthy Kids Cookbook for Homes